Sensory room and swimming pool open daily
(a small charge is required for using these facilities)
10.00am-12.00pm
Card Craft
At Everton Nursery School and Family Centre, please contact us on 0151-233-1969 for more information. No Creche available.

10.00am-11.00am
Breastfeeding and Weaning Support Group
A breastfeeding and Weaning support group for Parents/Carers, at Everton Nursery School and Family Centre. Babies and children welcome. Community Nursery Nurse attends at the beginning of each month.
Contact us for more information on 0151 233 1969.

12.30pm-2.30pm
Our Family Matters
An accredited qualification that explores why our families matter so much at Faith Primary School. Contact us on 0151 233 1969 for more details or to book you place. (Unfortunately no creche available)

4.00pm-6.00pm
Active Family Fun
New ideas for being active with your child, at Everton Nursery School and Family Centre. Come and bring your child after school for some active fun at the centre. Babies also welcome. Contact us for more information on 0151 233 1969. No booking required.

Swimming Pool
Pool Sessions are:
9.45am - 10.45am
11.15am - 12.15pm
1.15pm - 2.15pm
Pool parties are available
ask in the cafe for more details
Monday and Thursday. 3.30pm - 5.00pm

Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost
Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.

**TUESDAY**

9.30am-11.30am
**Me Time**
A support group for parents/carers of children with disabilities and/or additional needs, at Everton Nursery School and Family Centre. No booking required, contact us on 0151 233 1969 for more details.

10.00am-11.00am
**Magical Story Time**
Magical Storytime: an adventure filled session exploring the world of literature bringing the magic of the page to life, at Everton Nursery School and Family Centre. Contact us for more information on 0151 233 1969. No booking required, all children and families welcome.

12.45pm-2.45pm
**Healthy Lifestyles**
At Everton Nursery School and Family Centre. Accredited learning for parents to learn more about healthy lifestyles for you and your family. Contact us for more information on 0151 233 1969.

1.00pm-3.00pm
**Baby Clinic**
Health Visitors drop in session at Everton Nursery School and Family Centre. No appointment necessary, however there may be a wait. Contact the reception team on 0151 233 1969 for more details.

1.00pm-2.00pm
**BikeRight**
FREE adult cycling training in Stanley Park aimed at women. Get fit, save money, socialise, stay safe, learn new skills, enjoy the fresh air. Starting 10th September for six weeks. Places limited so book fast.

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**Swimming Pool**

**Pool Sessions are:**
- 11.15am - 11.45am Swim a Song for 0-18 months
- 2.30pm - 3.00pm Swim a Song for 0-18 months
- 3.00pm - 3.30pm Swim a Song for 0-18 months
- 3.30pm - 4.00pm Swimming Lessons 3-5 years olds
- 4.00pm - 4.30pm Swimming Lessons 5-8 years olds
- 5.00pm - 5.30pm Aqua Natal session - **£5.00**
WEDNESDAY

9.00am-3.00pm
Mellow Parenting
An excellent high quality parenting programme to help parents develop positive relationships with their children. The programme covers 14 weeks and looks at areas such as understanding parenting, child development, why cry?, feelings, toys and play, etc. Contact Everton Nursery School and Family Centre on 0151 233 1969 for more information or to book your place.

9.15am-11.15am
Baby Connect
An accredited qualification based on memories of your child's life at Faith School. Contact Everton Nursery School and Family Centre on 0151 233 1969 for more information or to book your place. (Unfortunately no creche available).

10.45am-11.45am
Boxercise
A one hour fitness programme at The Zap. Contact us on 0151 260 1098 for more details or to book your place. (Charge £2.00)

1.00pm-1.45pm
Tales with Teddy
A fun story session for toddlers and young children to enhance listening and language skills, at Mere Lane Health Centre. Contact us for more information on 0151 233 1969. No Booking Required

1.00pm-1.45pm
Story and Rhyme
A fun interactive story, rhyme and movement session for toddlers and young children to enhance listening and language skills, at Everton Nursery School and Family Centre. Contact us for more information on 0151 233 1969. No Booking Required

6.00pm-7.00pm
Football Coaching
Professional Football Coaching sessions for Dad’s/male carers and children, at Everton Park Sport’s Centre Pitch 5, contact us for more details. No booking required.

9.15am-10.15am
Women Get Active
A one hour Zumba fitness session at The Zap. Contact us on 0151 260 1098 for more information or to book your place. (Charge £2.00)

Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.
12.30pm-2.30pm
Stay and Play
Fun and interactive play session for families at St Johns.
No booking required. Contact us for more information on 0151 233 1969.

11.00pm-1.00pm
Baby Massage
A five week course of promoting positive touch between you and your baby at Everton Nursery School and Family Centre. Contact us for more information or to book a place on 0151 233 1969. Limited Places.

1.00pm-3.00pm
Baby Clinic
Health Visitors drop in session at Everton Nursery School and Family Centre.
No Appointment necessary, however there may be a wait. Contact the reception team on 0151 233 1969 for more details.

9.30am-11.00am
Stay and Play
Fun and interactive play session for families at ZAP. No booking required. Contact us for more information on 0151 260 1098.

3.30pm - 5.00pm
Swimming Pool
Pool Sessions are:
9.45am - 10.45am
11.15am - 12.15pm
1.15pm - 2.15pm
Pool parties are available
ask in the cafe for more details
Monday and Thursday.

Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.
9.00am-10.00am
**Time for a Rhyme**
At Whitefield School, please contact us on 0151-233-1969 for more information. No Creche available.

9.30am-12.30am
**Job Centre Plus**
At Everton Nursery School and Family Centre advice and guidance on all aspects of job applications. Contact us for more details on 0151-233-1969. Appointment only.

1.00pm-3.00pm
**Card Craft**
At Everton Nursery School and Family Centre, please contact us on 0151-233-1969 for more information. No Creche available.

**FRIDAY**

**9.30am-11.30am**
**Coffee and Chat**
At Heart Cafe in Everton Nursery School and Family Centre, come along to meet the Children’s Centre Team, to find out more information about all of our courses, activities, events and have your say about all of our services. First Friday of every Month. starting 4th October. No booking required just come along, children welcome.

**SATURDAY**

**10.00am-1.00pm**
**Dad’s Club**
7th September
This will be the Out of the Blue Music Festival the China Street Bowl off Roscommon Street. In memory of Joseph Lappin there will be a Family Blue Run at 11.30 - bring your friends a picnic and a deckchair.

**Swimming Pool**
Pool Sessions are:
- 11.15am - 11.45am Swim a Song for 0-18 months
- 1.15pm - 2.15pm Aqua Natal session - £2.50
  *(Everton reach area families only)*
- 2.30pm - 3.00pm Swim a Song for 0-18 months
- 3.00pm - 3.30pm Swim a Song for 0-18 months
- 3.30pm - 4.00pm Swimming Lessons 3-5 years olds
- 4.00pm - 4.30pm Swimming Lessons 5-8 years olds

**Other Dates...**
- 12th October
- 2nd November

**December dates to be confirmed for Christmas activity**

Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.
Sleep Clinic NEYS *(Neighbourhood Early Years Service)*  
Referrals and by appointment only at **Everton Nursery School and Family Centre**.  
Contact us for more information on 0151 233 1969.

**Sleep Workshops**  
Please contact the reception if you require more information on our sleep workshops and new courses.  
**Look out for new courses advertised on our plasma screens and noticeboards in the school/centre.**

**Toilet Training**  
Speak to the centre team for support with toilet training your child.

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**Pool Sessions**  
There is a charge of £2.50 per adult, children remain free.  
The Splashpool is especially designed for the use of children aged 0-5 years. There are several sessions daily Monday to Friday. Swimming lessons after 3pm also available.  
The Splashpool is the perfect way to introduce swimming to your child. If you would like to book a session please **call the centre on 0151 233 1969.**

**Session Times:**  
9.45am - 10.15pm  
11.15a.m. - 11.45a.m.  
1.15-2.15p.m.

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**Sensory Room**  
Relax with your baby/child in our beautiful sensory room  
**Open Daily - 50p per family**

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We are now on Facebook and Twitter.  
Join us and receive daily updates.

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Don’t forget that the swimming pool, sensory room and toy library are available every day. Contact our Reception Team on 0151 233 1969 to book a session at a small cost.
Everton Nursery School and Family Centre
Spencer Street, Liverpool L6 2WF
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www.evertonnurseryschoolandfamilycentre.org